NHS
Oxford University Hospitals
NHS Foundation Trust

Local Anaesthetic – Procedures for Children

Information for parents and carers



Children's Day Care Ward, Level 1,
The Children's Hospital

What is a local anaesthetic?

Local anaesthetic is usually used for minor procedures, when a general anaesthetic (which puts children to sleep during an operation) is not required. Local anaesthetic can be used as long as the child can understand what is happening and is able to keep still during the procedure, especially the area to be treated.

Your child will be awake throughout their procedure. The local anaesthetic is given by injection, just under the skin close to the area to be treated. It will make the area go numb. The injection can sting a little at first, but this will get better within a couple of seconds as the area goes numb.

During the procedure

The doctor doing the procedure will check that the area is numb before they start the procedure.

Your child can watch a DVD, listen to music, look at a book or do an activity to distract them while the procedure takes place (depending on the area they are having treated). We recommend that you bring their favourite book, DVD or music from home. Your child can eat and drink as usual before the local anaesthetic. The procedure will usually take place in an Operating Theatre, but if it is very minor it may be carried out in the ward treatment room. You will be able to stay with your child throughout the procedure, if you wish. Alternatively, a nurse or play specialist will be able to support them.

Consent

Your child's doctor will discuss with you why the procedure needs to be performed, the risks, benefits and any alternatives. We will then ask you for your written consent (agreement) for the procedure to go ahead. If there is anything you are unsure about, or if you have any questions, please ask the doctor before signing the consent form.

After your child's procedure under local anaesthetic

The area of skin where the local anaesthetic was given will remain numb for a few hours afterwards and will normally look paler than usual. This colour change is due to the local anaesthetic and your child's normal skin colour will return as the local anaesthetic wears off.

As the anaesthetic wears off, your child may experience discomfort or pain around the area. They may need some mild pain relief, such as paracetamol or ibuprofen.

You may notice some slight swelling and bruising around the area. This should gradually get better as the area heals.

The wound may be covered with paper strips (Steristrips) and sometimes a dressing. You should keep the wound dry and clean until your child's outpatient appointment or, if stitches have been used, until they have been removed. Not all stitches need to be removed; some are dissolvable. Your nurse will tell you if your child needs to have their stitches removed and what arrangements need to be made for this to be done.

You should check the wound at home after the procedure, in case it starts to bleed. A small amount of oozing or spotting of blood from the wound is normal. If the wound starts to bleed a lot, apply a clean tissue and put firm pressure on it for approximately 10 minutes. If the bleeding continues, please contact us on the telephone numbers at the end of this leaflet.

Your child will need to stay on the ward for about half an hour after the procedure, to make sure they are comfortable and able to travel home.

Instructions for after the procedure

Please read the information below. These will apply to the area where your child has had their procedure:

- Mouth or lips – due to the numbing effect of the local anaesthetic, do not give your child hot drinks or food until the day after the operation. They won't be able to feel if the drink or food is too hot and it may burn them.
- Face or head – your child should avoid leaning forward on the day of the procedure, as this may cause the area to bleed. Use an extra pillow on the night of the procedure to raise them up and help reduce the swelling.
- Foot or lower leg – once home, you should elevate (raise up) your child's legs and they should rest as much as possible for the first 24 hours. During the first 2 days they will need to avoid long periods of standing.
- Hand or arm – your child may need to wear a sling for a short period. If a sling is not worn, the hand or arm should be elevated (raised up) on pillows for the first 24 hours.
- Body – the area may be covered with a dressing and possibly also a waterproof dressing. This will allow your child to shower (but not to take a bath) while the area is healing.

Your child should avoid any strenuous sports or activities, to allow the wound to heal. Your child's nurse will give you specific advice and information about this before you go home.

Specific / additional instructions following your child's procedure:

Signs to look out for

- pain and discomfort that is not relieved by paracetamol and/or ibuprofen
- inflammation (swelling), redness, or the wound and area around it becoming hot to touch
- oozing or bleeding from the wound that is not stopping
- your child has a high temperature (this could be the sign of infection)
- an offensive smell coming from the wound dressing.

If any of these signs occur, please contact either the Ward or your GP.

Follow-up appointments and results

If necessary, we will give your child a follow-up appointment to come to the Children's Outpatient Department or dressing clinic at the Children's Hospital. Alternatively, we may ask you to make an appointment to see their GP. If you child has had a biopsy, the results may take about 1 to 2 weeks to come back.

Your child's follow-up appointment is on:

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How to contact us

If you have any worries or queries about your child once you get home, or you notice any signs of infection or bleeding, please telephone the Ward and ask to speak to one of the nurses.

You can also contact your GP.

Children's Day Care Ward

Telephone: 01865 234 148/9
(7.30am to 7.30pm, Monday to Friday)

Outside of these hours, you can contact:

Robin's Ward:	**01865 231 254/5**
Melanie's Ward:	**01865 234 054/55**
Tom's Ward:	**01865 234 108/9**
Bellhouse Drayson:	**01865 234 049**
Kamran's Ward:	**01865 234 068/9**
Horton General Hospital Children's Ward:	**01295 229 001/2**

All of these wards are 24 hours, 7 days a week.

Oxford University Hospitals Switchboard:

Telephone: **0300 304 7777**

You may find further information on the following website:
NHS Website: www.nhs.uk

You can find further information about coming into hospital on our website: www.ouh.nhs.uk/children

If you need urgent advice, please contact your local 'out of hours' service. This may be a GP service, NHS Walk-in Centre, NHS 111, a Minor Injury Unit, or your local Emergency Department.

Information about emergency care in England can be found on the NHS website (www.nhs.uk) or by calling the NHS 111 helpline (dial 111 for free from any landline or mobile).

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/children

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